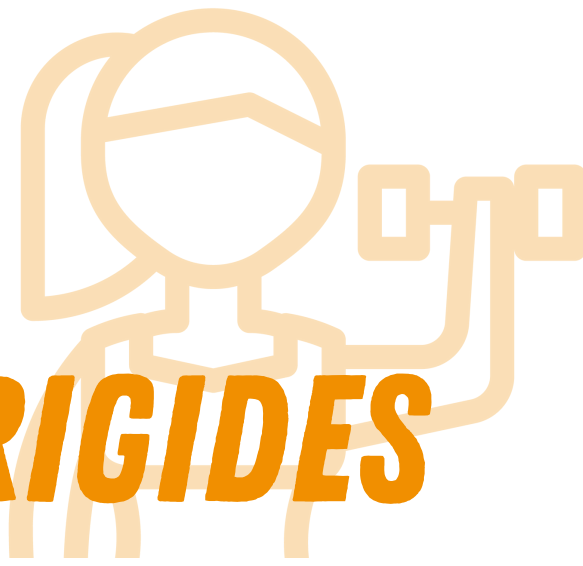


# HORARI ACT. DIRIGIDES



AJUNTAMENT VILAFRANCA DEL PENEDÈS

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00	BALANCE	CYCLING	BODYPUMP	CYCLING	GAC	
8:00	CYCLING		CYCLING		CYCLING	
9:15	GYMGLOBAL	BALANCE	GAC	BODYPUMP	ZUMBA	CYCLING
10:15	CORE	ZUMBA +60	WOD	CORE	EST. & MOBILITAT	BODYPUMP
12:00		CYCLING	TALLER CÓRRER 11:15H	CYCLING		CORE 11:15H
13:45	CYCLING	CARDIOBOX	BALANCE	LATINO	GYMGLOBAL	
15:15	WOD	BALANCE	CARDIOBOX	BODYPUMP	SH'BAM	
17:15	GAC	CYCLING	BODYPUMP	CYCLING	WOD	
18:15	BALANCE	WOD	GYMGLOBAL	EST. & MOBILITAT	CARDIOBOX	
19:15	TALLER CÓRRER		TALLER CÓRRER			
	BODYPUMP	CROSS TRAINING	CYCLING	SH'BAM	BODYPUMP	
20:15	CYCLING BALANCE	CORE	LATINO	CROSS TRAINING	CYCLING	